

GUASTELLO'S VILLAGE MARKET

Bailey's Dark Chocolate Mousse

Serves 2 - 4

Ingredients

3/4 cup/150 grams chocolate chips (good-quality, dark, semisweet)

2 tablespoons whipping cream

3/4 cup/180 mL whipping cream

1 large egg (pasteurized, separated)

Optional: 1 tablespoon Baileys Irish Cream

Garnish: chocolate shavings

Garnish: fresh raspberries

Instructions:

Gather the ingredients.

Add 2 tablespoon whipping cream and chocolate to a clean metal bowl. Place bowl on top of a saucepan filled with enough water to simmer for several minutes. Make sure the water doesn't touch the bowl.

Heat gently and stir the chocolate cream mixture with a metal spoon until the chocolate is melted and smooth.

Remove the chocolate mixture from the stove to cool just slightly. Add the egg yolk to the chocolate mixture while stirring until combined and smooth. The residual heat from the chocolate will "cook" the egg yolk. Place the bowl over the saucepan filled with hot water to keep the chocolate warm but don't turn the heat back on.

Whip the whipping cream until soft peaks form. Add half of the melted chocolate to the whipped cream with the metal spoon and fold until just combined. Fold in the remaining chocolate mixture but be careful not to over mix or deflate the volume. Set aside.

Use a clean electric mixer to beat the egg white until soft peaks form and then fold it into the chocolate mousse mixture. Spoon mousse into serving glasses. Cover and refrigerate for 2 hours.

Serve with chocolate shavings or fresh raspberries

Credit: thespruceeats.com